

# Dr. Cabral Detox Drop 7-Day Plan

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## Welcome to My 7-Day Detox Drop!

First I want to congratulate you on taking the 1st step to a brand new you!

You've already done more than most people ever will and that's to commit to improving your life and reaching your higher potential...

This is going to be a fun & exciting 7-days and I can't wait to hear your success story on not only achieving the body transformation results you were looking for, but also on how much you grew as a person.

I know that may sound like a lot, but I can't even begin to tell you the number of people that thought they were simply using a proven system to lose weight and improve their health, but came out with a profound experience of how they viewed food, their own personal strength, and their overall lifestyle.

The Dr. Cabral Detox can be whatever you make of it and as you're moving through the process I simply want you to allow yourself to be open to change & possibility...

Over the next week, the 7-Day Dr. Cabral Detox Drop will allow to you to drop the:

- Inflammation
- Toxins
- Toxic Water Weight
- Puffiness & Swelling
- Weight (5+ lbs in 7 days!)
- · Inches Off Your Waist, Hips & More
- Belly Fat
- Brain Fog
- Bloating & Digestive Issues

I can't wait for you to get started, so let's get right into your 7-day plan!

Stephen Cabral, ND

Board Certified Naturopathic Doctor

Avurvedic & Functional Medicine Practitioner

## **Award Winning Results & Support**



I want you to be our next success story of the month!

After 200,000 client appointments over the past 10 years and a track record of the best results in the world for wellness & weight loss, I'm completely confident that the Dr. Cabral Detox Drop will work for you, but...

In order for it to work, I need to maker sure you fully understand how it & why it works.

Don't get me wrong, it's extremely easy to complete, but it must be done as outlined below to maximize your results.

Also, I want to make sure you feel fully supported at all times, so if you ever need to get in touch with me (I personally respond to questions in our <u>Private Facebook Group</u>) and my team you can contact us with any questions!

### **How to Contact Us**

#### Facebook Group

http://CabralSupportGroup.com (Not a member? Click here to join our community!)

#### **Email**

<u>support@DrCabralDetox.com</u> (Monday - Friday, 8:30am - 5:30pm EST)

#### FAQ

http://DrCabralDetox.com/FAQ

## 77,000 Reasons to Detox



200 years ago a simply "water fast" would do...

That's because there wasn't the profit seeking, underhandedness of big business looking to cut costs at every corner and as a result create synthetic chemicals to replace natural ingredients.

And that they've essentially bought the US Government and many governments around the world, they've passed laws allowing more than 77,000 man-made chemicals into the environment.

Our bodies simply weren't designed for this type of an assault.

As a result, our immune systems and liver are working 24 hours a day trying to clean our blood from the chemicals that enter it through our water, food, air, and the environment around us.

But much of the time, our bodies get run down and as a consequence we can't keep up and so the toxins get stored in our fat cells, which cause them to expand. And, inflammation follows right behind as estrogen levels rise in both men and women) and blood sugar becomes increased...

This is problem that NO ONE is taking about.

It's not just about eating less and exercising more...

That doesn't work anymore -

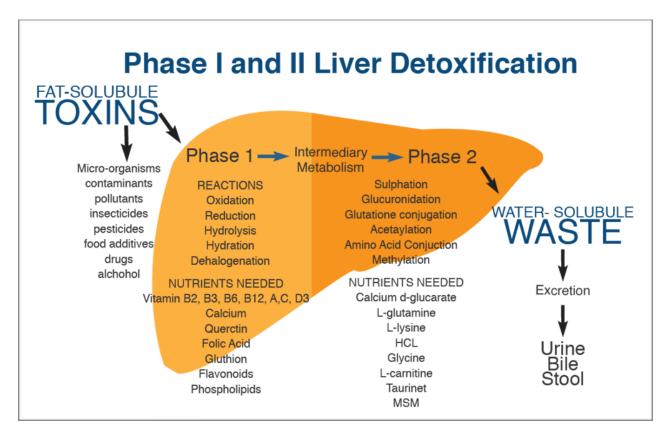
It's just not enough to combat things like chlorine, fluoride, flame retardant materials, bromides, BPA, pesticides, preservatives, and tens of thousands of other man-made toxins that pollute our environment and bodies on a daily basis.

(Please keep in mind that these are the very same chemicals that cause cancer in our body)

This is why it's no longer possible to keep up with the food & environmental chemicals without some help and support -

And that support comes in the form of specific food, supplements, and sweating to remove these chemicals and purify your body.

### Here's Why It Works



If you've never heard of a detox, please don't confuse it without a drug rehabilitation program or anything medical related.

Detoxification is a natural function of a health body.

Your body was beautifully designed to have all the blood in your body filtered by your liver (which is an organ located under the right side of your rib cage) every 6 minutes.

Literally, your liver is like your vacuum's filter cleaning everything in your blood 24 hours a day, 365 days a year without a rest!

But, as you can see from the photo above in order for it to do it's job it must get a daily adequate supply of b-vitamins, vitamin C, antioxidants, amino acids and minerals.

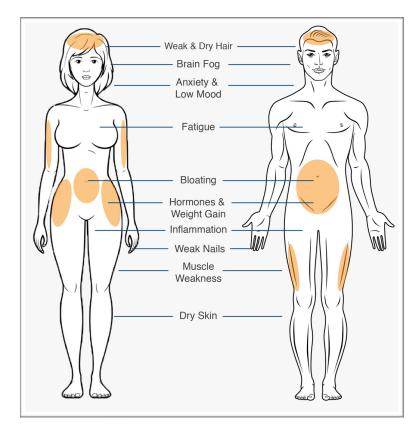
And if it doesn't get all those nutrients, the thousands of ducts within your liver can actually begin to get clogged up with bile and toxic sludge-like material that needs to be removed for a healthy functioning body (if not your skin, energy, mood, weight, sleep, and health will suffer).

Plus, if you only gets certain nutrients and not all of those listed, then your liver can't fully complete the detoxification of this harmful toxins by converting them from a fat soluble toxin to a harmless water soluble toxin, which can then be excreted in your urine, stool, or sweat.

That's where most people go wrong...

They believe they can still get all the nutrients they need from food alone.

I used to believe the same thing, until I realized that most people's digestion is so weak it can't break down all the nutrients your body needs to cleanse itself. To make matters worse, it would take more vegetables than you could possibly eat to get the amount of nutrients needed to fully detox...



#### **But There Is Good News!**

Since detoxing is actually needed for our very survival your body always knows what to do to repair itself.

We just need to give it a temporary boost through scientifically researched foods & nutritional supplements that have been researched and proven to assist in liver detoxification and cleaning your blood.

Then we let your body take it from there...

Remember, we're just here to support your body, not tell it how and what to do!

Alright, so now that we now why it's so important for EVERYONE to detox and how the natural detoxification process takes place in our body, let's move on to how you're going to easily implement the Dr. Cabral Detox to maximize your results...

Let's go!

## **Ancient Secrets Rediscovered**

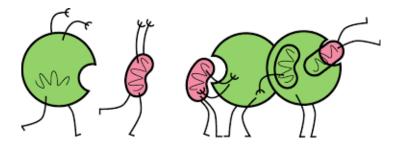


Very few people know what I'm about to share with you...

In the future I'll be publishing an entire book on "Ancient Secrets Rediscovered," but for now I want to tell about you one of the most important for living longer and improving over all health, wellness, and weight loss.

Besides supporting your liver so that it can better do it's job in removing toxins and cancer causing chemicals from your body there is a process called, "**Autophagy**."

It is very well documented now, and how it works is by a process of your own immune system being able to eat up toxins, bacteria, and even cancer cells in your blood like pac-man...



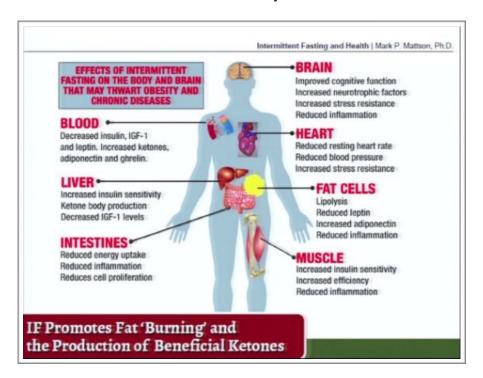
But it can only do that if there are no new substances coming in. And, the only way to do that is to stop eating for a period of time...

The ancient societies and religions all had built-in 24-48 hour fasts during the week. And, Hippocrates, the Father of Modern Medicine, spoke in depth as using fasting as a way to heal the body.

Literally, close to 10,000 years ago in Ayurvedic Medicine they spoke about a rejuvenating process called, "Pancha Karma," that included days or weeks of fasting to heal certain conditions.

And, just 70 years ago, *Herbet Shelton*, a Naturopath, healed over 30,000 people in his practice, which was centered around water fasting and detoxification...

The results have stood the test of time and it'd literally build into our DNA to fast.



The problem is that we have food choices around us 24 hours a day and we never go more than a couple of hours a day between meals without eating - And this is not considered a fasting time, since the food is still in your stomach being digested between meals...

The bottom line is that we're missing out on what is now being touted as one of the greatest healing process in the world!

After I discovered this on one of my internships at an Ayurvedic clinic in India, I knew I had to bring this knowledge back to the US and in my Boston wellness practice.

It's also why I specifically designed days 1 & 2 of the Dr. Cabral Detox to include 4 liquid only meals each day. This allows your liver and body to get the detox nutrients it needs while still keep ing the process of autophagy going so that you get the maximum amount of results without having to strictly water fast!

Remember, you don't need to know how all this works in order to get results, but I did want to share this amazing breakthrough information with you...

Now let's talk about the specifics of your 7-Day plan.

## Here's How It Works



Like every weight loss or wellness plan I design, I try to take complex principles and distill them down to what really matters the most.

There are hundreds of things you could do to lose weight or get well, but there are only a few that actually matter...

And I have no doubt that you are busy and don't have a lot of time to spare...

That's exactly why I designed the Dr. Cabral Detox Drop to include very little meal or food prep and you can even take your daily shakes on the go!

To be honest, most people say this plan was one of the most relaxed & enjoyable weeks of their life, since they didn't really have to think about any of their breakfast meals or all of the typical lunch & dinner choices...

Remember, you've been sold lies in past that have led you to believe that losing weight and keeping it off has to be tedious, difficult, or a struggle. Nothing could be further from the truth and to be honest, if you need to struggle to take the weight off then you're setting yourself up for failure since it's going to be too difficult to maintain that routine...

On the next page I'm going to reveal the only 5 things you really need to do in order to lose the weight (if you want to) and improve your well-being faster than you ever thought possible!

## **5 Simple Steps to Success**

#### 1. Nightly 12-Hour Overnight Fast

Just like it sounds you will be going from 7:00pm - 7:00am without eating or drinking anything except water. You may create any 12-hour time frame you'd like overnight, but try to stop eating 2-3 hours before bed.

#### 2. When to Eat

To ensure that your body is always getting adequate nutrition and everything it needs to detoxify you will be eating every 3.5 hours beginning approximately 1 hour after waking and ending 2-3 hours before bed.

#### 3. What to Eat

The Dr. Cabral Detox is simple to use and follow since on days 1 & 2 you are just doing 4 shakes per day. Then on days 3 - 7 you will be having your shake for breakfast, a vegetarian/vegan lunch, another shake mid-afternoon, and finally a vegetarian or paleo-style dinner.

#### 4. What to Drink

All of your Dr. Cabral Detox shakes should be mixed with 20-30oz of water. This will help keep your hunger away and make sure you are flushing the toxins and fat from your body. Since you'll be getting in at least 10 glasses of water combined with your 4 shakes, you do not need to consume any other liquids if you are not thirsty. However, you may drink as much water (with lemon if you'd like) or herbal tea (ginger tea is best) throughout the day.

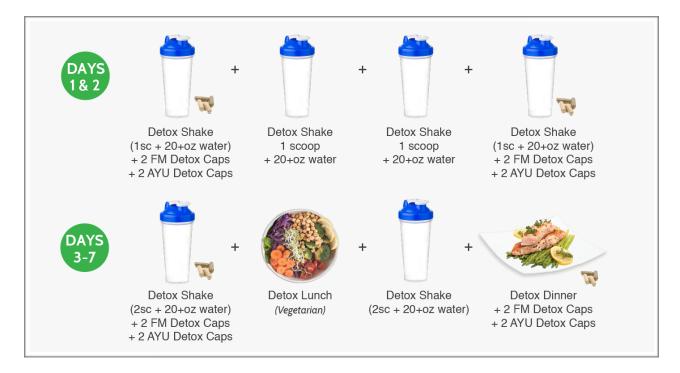
Ideally, you will eliminate all coffee, but you may keep in 1 small black cup in the morning if desired to keep caffeine withdrawal headaches away.

#### 5. Rest or Exercise?

If you're not already exercising there's no need to start while on your 7-day detox. However, if you're a regular exerciser you may complete your usual routine beginning on Day 3. It is not recommended that you exercise on Days 1 & 2 (the liquid shake fast days). Please also try to get to bed earlier and allow your body to rest and rejuvenate.

The Dr. Cabral Detox really is this simple to follow and the results will speak for themselves as your friends, family, and co-workers will be wondering what you did to get that new glow!

## Simplified Daily Eating Plan



As you can see from the image above, the Dr. Cabral Detox is easy to follow and most of our community members say that they felt it was such a relief not to be so focused on where, what, and how to eat for this 7 days!

And that's the whole point... I purposely designed the Dr. Cabral Detox Drop to help you begin to reshape your thoughts about eating & nutrition while at the same time giving your body everything it needs to rebalance itself and return to it's healthy happy self.

Essentially, the Dr. Cabral Detox is like hitting the reset button on your computer...

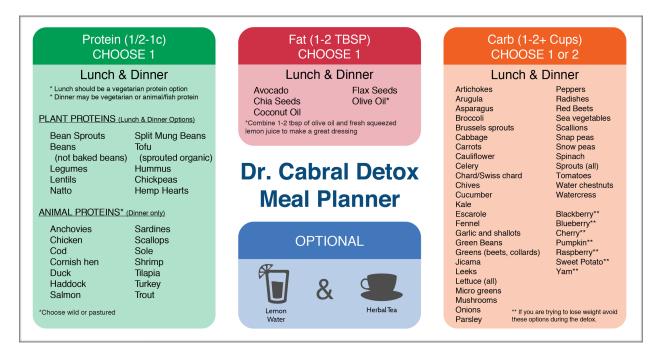
When things haven't been going well physically, mentally, emotionally, or spiritually the 7-Day Dr. Cabral Detox allows you to rid your body of the chemicals, heavy metals, toxins, and inflammation holding you back from enjoying the body and mood you deserve.

Lastly, please keep in mind the only thing that will hold you back from from being successful on my plan are your limiting beliefs...

You can do this, and you will get the same great results as the thousands of community members that you're about to join.

Don't overthink it. The <u>Dr. Cabral Detox</u> has been formulated with the very best ingredients in the world and designed to specifically help those that have been struggling to achieve their goals. Plus, it's guaranteed to work for you!

## **Meal Planning Made Easy**



I have to admit... I'm not much of chef.

It's not that I can't follow a recipe, it's just that I don't have the time or interest in cooking elaborate meals. Now, many of our detox members create beautiful elaborate meals using the foods listed above, but I prefer quick & easy meals to make.

That's why I created this simple "grab & go" meal planning guide.

#### **Create Your Dozens of Easy Meals Using this Template**

#### **Choose 1 Protein**

At lunch and dinner simply choose a handful of your protein of choice. Just make sure lunch is a vegan protein, so that your body has less to detox during the day.

#### **Choose 1 Healthy Fat**

Adding 1-2 TBSP of olive oil as a dressing is your best choice while on this detox. Please do not cook in any oil. Oil may be used as a dressing after the food has been cooked - or on salads. My favorite dressing is olive oil, a squeeze of lemon, and a pinch of sea salt.

#### **Choose 2 Vegetables (or more)**

If you're looking to lose weight choose any of the vegetables listed above that do NOT have a \* next to them. The \* choices may be included if you do not want the weight loss results, but are still looking for the wellness benefits.

#### **Liquid with Meals**

Even after the detox, it is best not to drink any water within 30-minutes before a meal and then again for about 1 hour after that meal. During the meal sip as little water (with lemon if desired) or ginger tea as possible. And remember, if you've listened to my daily podcast already you know that you should NEVER drink cold water with meals since it will slow digestion and cause bloating!

#### Snacking?

There is no snacking between shakes and meals, or before bed on the detox. This would not allow you to give your digestive system a rest between meals. Plus, without pausing to eat between meals you won't allow your body to naturally tap into burning body fat stores.

Now that you know how to create your simple detox meals, here are the "safe" foods to shop for or chose when you're eating out & trying to plan your lunch & dinner options.

## **Detox Food Shopping List**

<b>Plant Proteins</b>	<b>Animal Proteins</b>	<b>Carbohydrates</b>	<u>Carbohydrates</u>				
□ Bean Sprouts	□ Anchovies	□ Artichoke	□ Parsley ¯				
☐ Beans (not baked)	□ Buffalo	□ Arugula	□ Pepper				
□ Legumes	□ Chicken	☐ Asparagus	□ Sea Vegetable				
□ Lentils	□ Cod	□ Broccoli	□ Snap Pea				
□ Natto	□ Cornish Hen	□ Brussels Sprouts	□ Snow Pea				
☐ Split Mung Beans	□ Salmon	□ Cabbage	□ Spinach				
□ Tofu (sprouted)	□ Sardines	□ Celery	□ Sprouts				
organic)	□ Scallops	☐ Chard/Swiss Chard	□ Watercress				
□ Hummus	□ Shrimp	□ Chives	□ Daikon Radish				
□ Chickpeas	□ Talapia	☐ Cucumber	□ Red Beet				
☐ Hemp Hearts	□ Turkey	□ Escarole	☐ Tomato				
	☐ Trout	□ Fennel	□ Carrot				
	□ Wild Game	☐ Garlic & Shallots	$\square$ Horseradish				
		□ Green Bean	□ Jicama				
		☐ Greens (beet,	□ Mushrooms				
<u>Fats</u>		collard, dandelion,	□ Water Chesnut				
□ Avocado		kale, mustard, turnip)	□ Pumpkin*, Sweet Potato*				
□ Chia Seeds		□ Lettuce	Yams*				
☐ Coconut Oil		☐ Micro Greens	□ Raspberry*, Blackberry*,				
☐ Flax Seeds		□ Cauliflower	Blueberry*				
□ Olive Oil			•				

We're almost there!

Now that we got the detox diet plan foundation out of the way, I want to give you one last guide to ensure you understand exactly how easy the Dr. Cabral Detox Drop is to follow:

## **Simplified Meal Plan Timing**

## Days 1 & 2

**7:00am** 8-12oz of room temperature water with a fresh squeeze of lemon

8:00am Dr. Cabral Detox shake #1

11:30am Dr. Cabral Detox shake #2

3:00pm Dr. Cabral Detox shake #3

6:30pm Dr. Cabral Detox shake #4

## **Days 3 - 7**

7:00am 8-12oz of room temperature water with a fresh squeeze of lemon

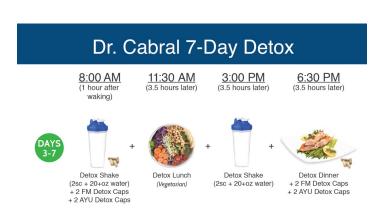
8:00am Dr. Cabral Detox shake #1

11:30am Vegetarian lunch

3:00pm Dr. Cabral Detox shake #3

6:30pm Vegetarian or Paleo-style Dinner





<sup>\*</sup> Get to bed as early as possible and conserve your energy

<sup>\*</sup> Remember, besides your daily 12-hour overnight fast you're never going more than 3.5 hours without having a Dr. Cabral Detox shake or meal!

## Why You Need Specific Vitamins & Nutritional Support



Everyday you are being exposed to toxic chemicals in your food, water, clothing, plastics, bath & hair products, cosmetics, sunscreens, and even the air you breathe...

There's just no escaping it, but the good news is that you can keep up with eliminating these harmful chemicals by giving your body some additional support. As I mentioned before, food alone is no longer the answer, especially since much of it contains harmful pesticides (both "natural" and conventional) or has been grown in soil that is depleted of the nutrients your body needs.

Plus, as your body is breaking down fat stores additional toxins will be released. Did you know one of the reasons people add body fat and can't seem to lose weight is because your adipose tissue (fat cells) are the safest place to store toxins when your body can't keep up with cleaning the blood?

That means when you're burning body fat and losing weight quickly, you'll just want some additional support from the specific vitamins, antioxidants & amino acids that your liver needs to clean your body and safely eliminate from your body - all without you even knowing it is happening!

Again, the whole process happens naturally since it's how your body is meant to work. We're just giving it a friendly boost... which of course it is thankful for ; )

Please also note that you don't need to take the specific nutritional supplements I recommend forever - just while you're on the detox and looking to maximize your results while following the scientifically proven Dr. Cabral Detox system.

On the next page I will show you exactly what supplements (and why) I recommend my private clients use in my Boston practice and online.

## Why You Need Specific Vitamins & Nutritional Support



Now that you know you in order to maximize your 7-day detox results you should be using specific vitamins, minerals, antioxidants & amino acids, I want to show you exactly what I recommend to my family, friends, and private clients.

And of course, I personally use the Dr. Cabral Detox formula myself (I use 4x a year).

I'm also going to give you two options of where to buy GMP-certified, 3rd party tested nutritional supplements only allowed to be sold by doctors or licensed health practitioners.

This means you can rest assured you're getting the best of the best - Again, it's what I recommend to my own family and so I want the same for you as well!

(Note: You do not have to use nutritional supplements and may just follow the diet plan as outlined above, but since you're body isn't getting the nutritional support it needs, I cannot guarantee you will enjoy the same results as our community members. BUT, the great news is I'm going to show you how using the Dr. Cabral Detox will actually SAVE you money (about \$26 a week) in typical food costs!)

Okay, so let's reveal the nutritional supplements I discovered in Boston practice that will guarantee you will lose at least 5 lbs in 7 days!

#### **Nutritional Supplement List**

☐ <u>Activated Multi-Vitamin</u>	☐ Psyllium Husk
☐ Chelated Multi-Mineral	☐ Chromium
☐ Electrolyte Formula	☐ Broccoli Extract
☐ Methylated B-Complex	□ Liver Detox Co-factors
☐ Pure Antioxidant Formula	☐ I-Glutamine
☐ Flax Seed	□ Vegan Protein (pea & rice

Each Supplement is linked to the corresponding product, but I'm also going to give you 2 bundle options on the next page that you can invest in with one easy click to save a over \$200!

## **How to Save Money**

	COLUMN TO THE PARTY OF THE PART	MARK CAPP	Bookario Aprimais	klean	of SEASTON CONTRACTOR TO SEASTON CONTRACTOR	THORNE	CM ANNE Face Scale		VITAL Chromater Chromater Primari Primari	BroccoMar H ====================================	ViTAL Dense, Formula @	THORNE	7 SOCHEOR Market Ma Market Market Market Market Market Ma Market Market Market Market Market Market Market Market Market Market Market Market Market Ma Market Market Market Market Ma Market Market Market Ma Ma Ma
	Dr. Cabral 7-Day Detox	Klare Labs Multi-Vitamin Forte	Biomatrix Support Minerals	Klean Electrolytes	Integrative Therapeutics Active - B Complex	Thorne Anti-Oxidant	Omega Nutrition Organic Cold Milled FlaxSeeds	EVAC Psyllium	Vital Nutrients Chromium Plynicotinate	Jarrows BroccoMax	Vital Nutrients Detox Formula	Thorne L-Glutamine	Thorne VegaLite
100%RDA Multi-Vitamin	•	•											
Anti-Stress B-Vitamins	•				•								
Liver Detox Support	•								•				
100%RDA Multi-Mineral	•		•										
Gut Repair	•											•	
Electrolyte Energy Formula	•			•									
Daily Fiber	•							•					
Sulphoraphane	•									•			
Daily Antioxidants	•					•							
Vegan Protein	•												•
Blood Sugar Support	•										•		
Vegan Omega-3's	•						•						
COST	\$99.00	\$25.95	\$20.00	\$22.00	\$18.20	\$28.65	\$8.15	\$11.42	\$13.90	\$18.87	\$26.10	\$18.65	\$30.90

Dr. Cabral Detox \$99.00

12 Product Total **\$242.79** 

Again, you are welcome to click on the links and purchase the items above from my trusted online source, but if you're like me you probably understand eating good quality foods & supplements can be expensive so why not try to save a little money where you can...

And the cheapest I was able to find all the supplements you need to take care of the various aspects of detox, wellness, and healthy weight loss, was \$242.79.

> You Can purchase the \$242 package here from my private Naturopathic patient portal

Or, I can help you save over \$150 today by using the private formula I use at Cabral Wellness Institute in Boston and only made available online this year!

Since, I cut out the middle man and went direct to the manufacturers of the best quality ingredient sources in the world, I was able to remove all the upset costs when 3 or more parties are involved in distribution or retail!

But that's not even the best news...

I created this my <u>Dr. Cabral Detox formula</u> to be exactly what I wanted with not shortcuts or skimping on the best ingredients. It's something I'm very proud of and I love recommending it to people since I do 3rd party testing for purity and know it's the very best formula in the world.

Plus, I know having to purchase 12 products and figure out how many and when to take them was just too much to ask - even if it was going to lead to great results...

So sticking with theme of keeping things simple and easy, I combined all 12 products into just 3.

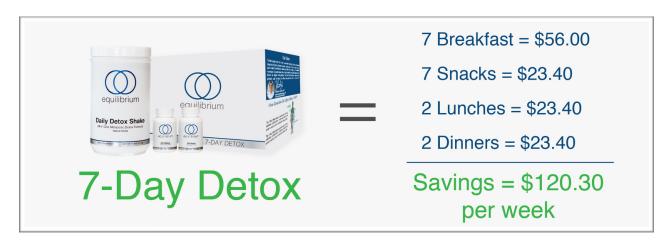
Literally, all you have to do is follow the instructions listed above and consume your delicious vanilla detox shakes and 2 capsules of each nutritional supplement. Simple.

And, if that wasn't enough I am truly not looking at the Dr. Cabral Detox as a "money maker," but quite simply as the absolute best way I know how to help people get well and lose weight if they can't see me one on one...

I honestly believe it's the answer to what people are missing right now in order to transform their bodies and lives into something they can wake up everyday and smile about.

That's why I offer it for under \$100, which is unheard of for this type of product...

It literally would cost you more to buy food for the week, than it would to do the Dr. Cabral Detox (see the diagram below based on conservative U.S. food data)



I know you're not doing the 7-day Dr. Cabral Detox to save money, but it is nice to see that by not having to buy food for 7 breakfasts, 7 afternoon snacks, 2 lunches, and 2 dinners you're going to save conservatively on average \$120.30 for the week!

This is one more reason our community loves doing the <u>Dr. Cabral Detox</u> several times per year knowing that not only are they getting the best nutritional supplements, improving their health, and dropping inches & pounds, but there also saving money...

The bottomline is this - I want the very best results for you, but for me to promise that I want you to follow the same system that I've seen work for thousands of others in your same position...

Even those that have struggled in the past and feel like nothing works for them...

## **Dr. Cabral Detox Drop Private Offer**



This is a private offer to thank you for putting your trust in me and for purchasing the exact plan for how to complete the 7-Day Dr. Cabral Detox Drop.

What I'm going to do today is offer you my lowest price on the 7-Day Detox + Free Shipping!

Again this is about me giving you a zero-risk offer at the lowest possible price and my 100%, 365-Day money back guarantee that the Dr. Cabral Detox will help you improve your wellness & allow you to effortlessly drop the weight without having to count calories or exercise.

(The private link below is valid for 30 days from purchase)

Right now, I'm probably as excited (if not more;) than you are for you to join our community and experience the power & results of the Dr. Cabral Detox!



Remember, you have absolutely nothing to lose and if you don't feel like the Dr. Cabral Detox was the very best wellness or weight loss program you've EVER used, please just let us know and you will receive a no-questions asked 100% money-back guarantee.

I look forward to seeing your before & after photos and reading you success story soon!

> Click here to for the lowest possible price & get started on your own Dr. Cabral Detox!

## Frequently Asked Questions (FAQ)

#### How long does it take to receive the Dr. Cabral Detox supplement package?

Your order ships out the next day Monday - Friday and we are upgrading you to FREE priority 2-3 day shipping (\$14.95 savings!) only through the private link contained in this document.

#### Should I stop my medication while doing the detox?

No. We recommend continuing on with your medication and although the Dr. Cabral Detox only contains safe ingredients, it is advised that you check with your medical doctor about contraindications.

#### Is the Dr. Cabral Detox safe?

Yes 100%. This is scientifically formulated using the best research and ingredients to help people lose weight and get well by natural methods such as reducing normal inflammation, balancing hormones, regulating healthy blood sugar, and removing toxins.

#### Who should not do the Dr. Cabral Detox?

If you are pregnant or nursing, have kidney or liver/galbladder disease, or uncontrolled diabetes you should refrain from using the Dr. Cabral Detox or any detox at all.

#### Can I do the detox even if I don't want to lose weight?

Absolutely! In order not to lose the 5-10 lbs your first week, you may blend the detox powder with berries to make a smoothies or just have some berries on the side. And, you may include sweet potatoes and the other \* items on the food list.

#### Can I do the Dr. Cabral Detox for longer than 7-days?

Yes. Many of our community members complete the 14 or 21-day Dr. Cabral Detox. It is the same method as outlined above, except that you continue on for another week or two in order to get even greater results. You will have that option to purchase those kits at a discount after clicking the order link below.

## Don't Miss Out - Join the Community & Get Started Now!

> Click here to get started now and order your Dr. Cabral Detox kit (save over \$200!)